



Students Meet Teachers, Friends, and Begin Study as Balavihar 2011-12 Opens



September saw the opening of the new 2011-12 session of CMLA's balavihars spread across the Southland. After the summer break, children from grades 1 to 12 proceeded to the various centers on the weekend of Sept. 10 and 11 to commence their new year of learning.

Swami Ishwarananda and Acharya Mahadevji guided the various sessions that began auspiciously with Ganesha Puja. At Rameshwaram, the main center, the halls and classrooms were packed with kids seeking out their friends after the long break and balavihar coordinators smooth-



ing the process of students finding their new classrooms.

Children this year will learn age appropriate material ranging from the symbolism of the gods and goddesses, the Mahima of Lord Shiva, Values from the Gita, Hindu glory to 'Jivan Sutrani' the text penned by Gurujii.

At the San Fernando Valley and Conejo Valley balavihars, the opening day included parent orientation where the syllabus for the children was detailed and the importance of its continued discussion at home by parents was stressed.



Seniors Gather, Enjoy First Monthly Event at CMLA



A new monthly event series has been initiated by Swami Ishwarananda for senior citizens. With the start of this, it can truly be said that CMLA has programs for every age group... from tiny tots in the Chinmaya Early Education Program, youth, CHYK and now, for all over 55!

Swamiji himself was not in attendance at the first event in September, attending to a previously scheduled satsang session in Toronto but his idea of bringing like minded seniors together for a day- long event that would be spiritual, informative and fun was fully adhered to.

Just after seniors were dropped off by their office-going family members, the morning began with a talk by Acharya Mahadevji who focused on giving practical tips for the group on making each day meaningful by including Seva and Swadhyaya in their daily lives, among other things. A yoga session by VYASA-LA's



K.V.Chakrapani and Mansukhbhai that was introductory in nature followed with some light movements. The afternoon included a talk on "Ayurveda and Solutions to Common Health Conditions" by Hema Ravikumar of Prasanna Ayurveda and a long time member of CMLA. The day concluded with a bhajan session where Mahadevji accompanied on tabla by Shekhar Ekbote and Ashok Balasubramanian on harmonium both of who had graciously volunteered their time away from work.

The day was split with delicious snack breaks of chai, dhokla and dry fruits as well as a sumptuous volunteer cooked lunch. Seniors were generous in their expression of

happiness for a senior targeted program at CMLA. At the conclusion, family members returning from work to pick up their relations, also evinced the same sentiment.

Valley Families Participate in Study Group

Each Friday, CMLA families in the San Fernando Valley area meet to watch videos of Pujya Gurudev Swami Chinmayananda's brilliant talks and discuss it after. On Ganesh Chaturthi, the group conducted Puja for the Lord as well as a Guru Paduka Puja with chanting of Guru Stotram. Those wishing to join in the study group can call 805.390.3399 for more information.

Many thanks to this issue's contributors: D.M. Velu, S.Balasubramaniam, Priya Raghuram, Sanjay Bhatt.